Dennis Reynolds Celebrates Birthday

Dennis Reynolds celebrated his 11th birthday with a party recently at A. J. Skateland. Attending were Troy Woods, Joe Reynolds, Bob Poole, Kim Woods, Greg Martin, David Woods, Bill Hogan, Mark Mayberry, Rocky Motley, Charles Hogan, and "Dennis".

Charlotte County 4-H Soils Judging Team members, left to right were Jim Bennett, Richard Locke, Paul Bennett and Mike Reeves.

4-H Soils Team Wins

The Charlotte County 4-H Land Appreciation Team won first place in the District Contest held at Appomattox April 7, 1979.

Team members were Jim Bennett, Paul Bennett and Mike Reeves from Red House, and Richard Locke from Keysville. Richard Locke was high scoring individual in the contest. Paul Bennett was fourth high individual and Jim Bennett was fifth high individual in the contest.

The purpose of the land appreciation contest is to teach 4-H members to make the maximum and most suitable use of the many soil types that we have. The team members must determine the best land use for a selected soil site by evaluating soil texture, subsoil consistence, plant rooting depth, internal and external drainage, slope and erosion. The team members then determine suitability of the site for homesites, septic tank drainage fields, lawns, garden and the proper management needs for agricultural production.

The team will represent East Central District in the state contest.

Coach for the team were Extension agents, L. T. Richardson and W. E. Green.

HAPPINESS IS 4-H

By Frank H. Sweet
Extension Agent

Seventeen Appomattox 4-H'ers participated in Saturday's East Central District 4-H Contest held at Appomattox County High School. 4-H'ers participating included: Allen Smith, Dale Glover, Jim Hix, Cheryl Walton, David Caldwell, Lisa Moore, Susan Shorter, Rhonda Nash, Jane Guill, Dana White, Ernie Chenault, Steve Cobb, Laurie McLean, Laura Walton, Philip Jacobs, Terri Nash and Susan Parris. Members of the Meats Team (Steve Conner, Richard Conner and Bonnie Drinkard) will participate in a regional Meats Program at Powhatan on May 19.

* * *

The theme for the 1979 June Dairy Poster Contest is "Milk's the One." These posters will be due in the Extension Office by June 1. Posters should be 14" x 22" and should show something of the importance of milk and milk products. All 4-H'ers making posters will receive ribbons. The top posters in three age groups (9-11, 12-14, 15-19) will be sent to the State 4-H Office for consideration at the State Level. Last year Susan Parris was one of the state winners and received an electric ice cream freezer. This program is sponsored by the American Dairy Association.

* * *

The deadline for Wildlife Feed Patch Contest forms is tomorrow (Friday, April 13). Please get these in so we can reserve seed for you.

* * *

4-Hers in Appomattox received their Pine Seedlings last week. These loblolly pines are provided by the Virginia Division of Forestry. 50 Appomattox 4-H'ers received trees this year.

Va. Fibre Reports Weekly Wood Purchases

Listed below is the total dollar volume of wood purchased by Virginia Fibre Corporation of Riverville for the week ending March 31, 1979. Purchases are listed by counties.

Albermarle	12,681.25
Amelia	742.80
Amherst	7,451.73
Appomattox	6,612.50
Bedford County	1,669.12
Buckingham	23,315.35
Campbell	7,350.41
Charlotte	5,806.57
Cumberland	5,903.24
Fluvanna	1,361.83
Franklin County	539.59
Goochland	351.54
Halifax	570.39
Nelson	3,648.13
Pittsylvania	464.61
Powhatan	1,022.42
Prince Edward	16,555.54
Prince William	895.20
Rockbridge	1,105.75
Total	97,747.97

We feel this information will be of interest to our readers in Appomattox County and in adjoining counties.

Jennings Family Sought

In compiling a history of my ancestors, I have found that my great-great grandfather, Powhatan Perrow Jennings, was born in the Appomattox County area on December 25, 1818. He married Catherine B. Jewell of Amherst County on February 23, 1836 and resided near the Town of Amherst until his death on August 20, 1858. I have been unable to find out if he had any brothers and sisters and who is parents were.

I would be pleased to hear from any Jennings's who might be descendents of this family; as well as descendents of John W. and Elizabeth Vernon Jennings; Henry B. Jennings; John A. and Roberta White (wife #1) and Mary Craft (wife #2) Jennings; and Daniel W. Jennings.

I will be happy to furnish anyone interested with any of the data that I am compiling on the Jennings family.

Ann Jennings Maddox
Route 3, Box 13
Amherst, Va. 24521

KEITH LEONARD RECEIVES THE FIRST PRIZE, A CLOCK RADIO, FROM Mr. Earl Agee, vice-president of the ACHS Band Boosters for selling the most tickets to the country music show. Mr. Frank Coffey, band director, is congratulating John Lambert, second place winner of a portable radio. Gray Nash won third prize, a gift certificate for a record.

The Band Boosters raised approximately $1700 at the country music show toward purchase of new marching band uniforms, thanks to the community support.

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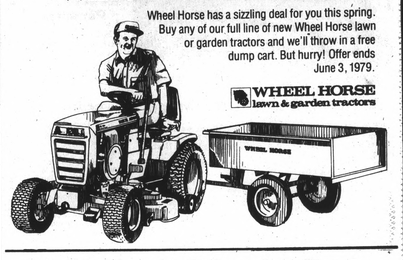
Spring Sizzle Sale
FREE dump cart
when you buy a new
Wheel Horse tractor.
Wheel Horse has a sizzling deal for you this spring. Buy any of our full line of new Wheel Horse lawn or garden tractors and we'll throw in a free dump cart. But hurry! Offer ends June 3, 1979.



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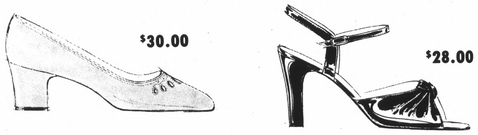

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Then And Now

By Frances H. Paulette

Signs Of Spring?
The "Watkins Man"
And Cloverine Salve

It's spring!! How do you know.....because the calendar says so? We do have the color scheme of green and yellow, grass and jonquils combining to make the announcement. They signal the arrival of spring in no uncertain terms.

Way back THEN, there were other signs of spring.....

One sure sign that spring had finally arrived and the muddy roads were clearing up was when the "Peddlers" began to stir from farmhouse to farmhouse to sell their wares.

According to some who remember, the 'peddlers' were often as not dark-skinned little men with a handle-bar moustache. They sometimes spoke with a strange accent and in a fast, clipped manner. If you didn't listen carefully you might miss what they were saying.

Although some ladies of that day pretended otherwise, everybody wanted to see the peddler, even though they might not have trusted him out of their sight. My late mother has often told me of how her mother, my grandmother feared the visit of peddlers unless some of the men of the family were around. It was a fact, I believe, that on occasion the 'peddlers' had been known to steal (anything that was handy!!).

The 'peddlers usually made it a point to include every farmhouse.....none must be overlooked, that would be downright rude. After all, a lot of these people (most of them I would guess) had been "in" all winter and the sight of an outsider and all kinds of things to buy was a refreshing end to winter.

"The wagon of the 'peddler' was pulled by what was known as plug ponies, pretty well-fed but nothing to look at.

The wagon was often enclosed on both sides and had a back door that opened kind of like a display table. On this, he spread his wares.

The folk would crowd around and the 'peddler', talking a mile a minute would take each item, holding it as though it were a precious gem. Holding it high above his head for all to see he would extol the virtues of that particular product. They had everything.

For Mama, there was piece goods; she really needed that with spring on the way and the girls needing new 'print' dresses. To go with the dress she would fashion from the material there were buttons, trimmings of all sorts. Everything needed to make the ladies spring debut something special.

The wagon held scissors needles, and even cooking utensils.

With the arrival of spring and the coming of summer there also came the need for fly paper and fly poison. The 'peddler' had these too and Papa would stock up on enough to last the season.

A few weeks after the first visit of the 'peddler' came the "WatkinsMan". He was just a bit more sophisticated in dress, manner and means of transportation than the 'peddler'. Whenever he drove in, everybody headed for the house, they didn't want to miss a trick. Aftr all, he might have something that he had not had before.

Unlike the 'peddler', the Watkins Man didn't display his wares outside but rather, brought them inside the house in "satchels". He opened them up in the middle of the floor and everybody gathered around.

Once he had the attention of everybody, he began taking the items out of the cases, one by one, explaining their use. Either they cured all the ailmemts a family could encounter or they were guaranteed to enhance the apperance of even the less attractive young ladies.

One lady who remembers those days quite well said she had never, to this day, found vanilla or lemon extract to equal that of the Watkins Man.

"The Watkins Man had another exceptionally good buy.....Linament, good for man and beast. It was guaranteed to cure sprains and sore muscles. If you had a cold, Mama would give you a dose of linament in water with a bit of sugar to make it go down a little easier. It was said to be good for the "summer complaint." I am not quite sure what the "summer complaint" was supposed to be!

Spring never passed without a visit from one of the neighborhood children selling Cloverine Salve. It came in a round tin container, and it was supposed to be good for a lot of things. No respectable homemaker would be caught without Cloverine Salve to meet the everyday cuts and scratches of her brood.

With each tin of Cloverine Salve you purchased, you had the opportunity of choosing from a group of pictures. Sometimes a mountain scene, again it might be a pair of lovers, their arms entwined. The pictures were special and everyhousehold had, framed, and on display, a Cloverine picture.

So, the signs of spring were a bit different back THEN. I wonder, maybe seventy-five years from NOW, what will people say about "those folks living back in the '70's"? Wouldn't it be fun to listen?

EATING WELL

BY Mrs. Barbara L. Morlang, R.D., Ph.D.
State Nutrition Consultant
Virginia Department of Health

Several people have written in and asked questions about gout. Perhaps the following questions and answers will be helpful.

Q-My father has gout, and we were wondering what causes it?

A. Gout is a disease that affects various joints in the body. The affected area is red, swollen and painful. There is usually a family history of the disease, thus indicating that it may be hereditary, and it is found in men more than in women.

For some unknown reason the body is unable to break down purines. Purines are substances that are found in all fods, but some foods have a higher content than others. In an individual who does not have gout, the purines in the foods are broken down to substances that are excreted from the body. The person who has gout is unable to excrete all of the breakdown products and some accumulates in the joints (particularly the large toe, instep, ankle and knee), thus causing swelling and pain.

Q - What type of diet should a person with gout follow?

A - Anyone who has gout should see his physician because in most cases the disease can be controlled by medication. However, even though a person takes the medication, he may still have an acute attack. During these periods, the doctor may also have him follow a rigid diet. The doctor may have the patient eliminate certain foods high in purines; restrict the intake of fats, condiments, and excessive seasoning; and avoid alcoholic beverages.

Some researchers believe that although coffee & tea contain purines, the purines found in these liquids are excreted by the body; and therefore will not bring on an attack. In working with people who have gout, I have found that the latter theory does not always hold true.

Sometimes gouty attacks do occur when individuals cut down on their coffee consumption, they no longer have severe attacks.

If the person who has out is on a reducing diet, he should lose weight slowly (under the direction of his physician) because the breakdown of body fat will cause more purines to be released.

Rubber Stamps and Stamp Pads on sale at the **Times-Virginian**, Phone 352-8215
4-12-tf

U.S. Dept. of Energy Offers Grant Program For Energy Conservation

The U.S. Department of Energy has announced a small grants program soliciting ideas from citizens about energy conservation and the use of alternative energy resources. Bernard Snyder, Region III Acting DOE Representative, stated, "We urge citizens in Pennsylvania, Maryland, Delaware, West Virginia, Virginia, and the District of Columbia to apply for grants up to $50,000 for their ideas about saving energy. Persons interested in this program should call 1-800-424-5141 toll-free."

The Small Grants Appropriate Technology Program will award approximately $1 million to individuals, local nonprofit organizations and institutions, state and local agencies, Indian tribes, and businesses. "The program is aimed at everyone," said Mr. Snyder, "including the professional, the amateur, the "do-it-yourselfer", the technical expert, anyone who believes he or she has an idea about energy technology which is not being used. Applications have been simplified and a vigorous effort is being pursued to encourage broad public participation in the Program. DOE is committed to ensuring that a representative selection of grants will be made."

There are three categories of proposals eligible under the Program. They are Concept Development - an idea for using a new energy source or a new way to utilize an existing energy process or system (up to $10,000); Project Development - systematic and practical development of a concept into a viable technology (up to $50,000); and Demonstration Development - testing a technology under operating conditions for fesibility on technical, economic, and environmental grounds (up to $50,000).

The deadline for receiving grant applicaitons is April 27, 1979. For more information or to request an application form, call toll-free 1-800-424-5141 or in Washington, D.C. 783-0023.

Lucky Clover 4-H Club

The Lucky Clover 4-H Club held their monthly meeting on April 2, 1979 at Pamplin Elementary School. Susan Morris opened the meeting with the Pledges to the American and 4-H flags.

We had the minutes of the previous meeting by Susan Morris. Mr. Frank Sweet gave the treasurer's report.

We had a chance to get wildlife feed patch forms. The club had demonstrations-illustrated talk forms passed out. The soils team judging will be on April 7, 1979. Interstate exchange forms are available to people who might get a chance to go to Nebraska.

A horse survey sheet was given out to members to find out how many horses are in the county.

Then we had a side presentation on 4-H camp by Mr. Sweet.

The meeting was adjourned and we had refreshments. Members and people present were Susan Morris, Jim Hix, Glen McClenny, Mrs. Margaret Glover, Mr. Frank Sweet, Ginny Sweet and Dale Glover.

Dale Glover, Reporter

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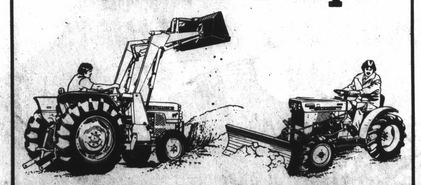

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